
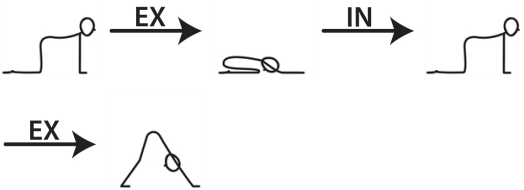



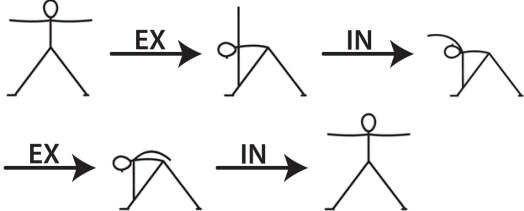


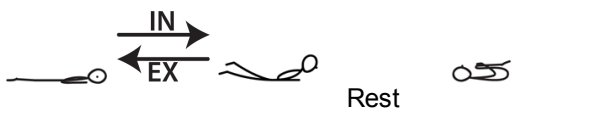
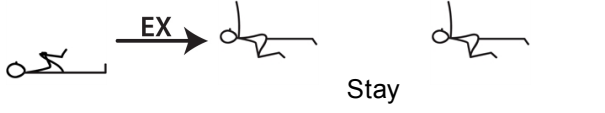




Stability and ease in body and mind

1.		<p>10 deep breaths. Introduce chanting: IN/EX chant mentally: Sthira sukham asanam/ 4 cycles</p>	<p>Sukhasana. Get settled, deepen the breath. Ask yourself: Am I stable? Am I at ease?</p>
2.		<p>4 cycles IN/EX chant mentally: Sthira sukham asanam.</p>	<p>Chakravakasana/Adho Mukha Svanasana. To warm up the lower back, shoulders, hips and legs.</p>
3.		<p>Repeat 4x, then stay in the pose for 4br chanting mentally IN/EX: Sthira sukham asanam.</p>	<p>Anjaneyasana/Parsvottanasana. To warm up the legs and hips, to stretch the front of the body, to develop stability and balance.</p>
4.		<p>6 deep breaths.</p>	<p>Prasarita Padottanasana. To compensate for #3, to stretch the back, neck and legs.</p>
5.		<p>Repeat 4x, then stay in the pose for 4br chanting mentally IN/EX: Sthira sukham asanam.</p>	<p>Goddess pose. To develop stability and balance to prepare the hips for #7.</p>
6.		<p>Repeat 3x, then hold #7. Switch sides.</p>	<p>Utthita Trikonasana. To prepare for #7, to warm up the neck, shoulders, hips and lateral sides of the torso.</p>
7.		<p>Stay in the pose for 6-8br chanting mentally IN/EX: Sthira sukham asanam.</p>	<p>Ardha Chandrasana. To develop stability and balance, to strengthen the hips, to create a sense of spaciousness in the body.</p>
8.		<p>Repeat 4x.</p>	<p>Vajrasana. To compensate for #7, to stretch the back, neck and legs.</p>

Stability and ease in body and mind

9.		Repeat 4x alternating the turning of the head.	Vimanasana. To compensate for #7, to stretch the neck and stabilize the lower back and sacrum.
10.		Stay in the twist for 6 breaths, pressing the knee into the hand on EX. Switch sides.	Jathara Parivrtti. To compensate for #7, to stretch the neck and hips, to rotate the spine.
11.		Repeat 4x, then stay in the pose for 4-6br chanting mentally IN/EX: Sthira sukham asanam.	Paschimottanasana. To compensate for #10 and prepare for #12, to stretch the back, neck, legs and hips.
12.		PRANAYAMA.	Any comfortable seated position. IN/EX: Sthira sukham asanam /6 cycles IN: Sthira sukham asanam PAUSE EX: Sthira sukham asanam PAUSE /6 cycles Breathe and observe your response to the practice.